

The Community Helpers Program

Participants learn about boundaries and ethics of helping, how to help in crisis situations, community resources for referrals, suicide and mental health information, as well as self-care.

- Learning basic helping skills
- Warning signs
- What to say when someone is struggling
- How to take care of yourself
- When and where to get help

This program is funded by Alberta Health Services and runs in communities across the province.

Participants will receive a certificate upon completion of the 9 core modules and are eligible for further mental health training at no charge within our organization.



More Information

helpers@sp-rc.ca
www.sp-rc.ca/programs/communityhelpers
(780)539-6680

GET TRAINING TO
DISCOVER
HOW
TO HELP OTHERS
WHILE
HELPING
YOURSELF

What is Community Helpers Program?

Program Aim

Enhance mental health and well-being among Alberta's youth and young adults. Helping to reduce stigma attached to mental health issues and help seeking behavior.

Grande Prairie & Area

In Grande Prairie and area, the Community Helpers program is aimed at Grade 9's within our community. We also focus on adults and community organizations who support youth and young adults in our community.

Virtual Training is available

Virtual training is available upon request. A teacher or adult supervisor must be present in the room when training is being delivered. Some topics are more sensitive and modules may not be covered virtually.



**DISCOVER
HOW TO HELP.
DISCOVER WHEN
TO HELP.**

Is Community Helpers Program a good fit for you or your organization?

The training introduces participants to a variety of community services and professionals who can support the community helpers and friends/peers/family. Ultimately, the goal of the program is to foster community connectedness to prevent suicide.

Training topics include: communication skills, helping skills, ethics, self-help skills, personal boundaries, coping with stress, suicide awareness, mental health awareness, knowing when people need help, information on local resources & professionals, how to refer people to professional help, healthy relationships, gender expression and substance use awareness.